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The Duriez 12 Steps

Marcel Ray Duriez 7 min read · Just now

The Marcel Ray Duriez Self-Empowered Recovery Model

1. **Awareness of Patterns**
   Recognize and understand how habits and behaviors affect your life. Accept that change requires conscious effort and responsibility.
2. **Trust in Your Mind**
   Rely on your own judgment and reasoning. Seek knowledge, support, and tools that strengthen your emotional and cognitive abilities.
3. **Commitment to Self-Mastery**
   Make a conscious decision to direct your life intentionally. Set goals aligned with personal values and emotional well-being.
4. **Honest Self-Reflection**
   Conduct a thorough and fearless assessment of your thoughts, behaviors, and emotional patterns. Use reflection as a tool for growth.

5. **Accountability**
   Take full responsibility for your actions without blaming external forces. Share your reflections with trusted peers to gain perspective and support.

6. **Readiness for Change**
   Be open to self-improvement. Identify specific behaviors or thought patterns you wish to change and understand that growth requires persistence.

7. **Active Self-Improvement**
   Develop emotional regulation, resilience, and positive habits through deliberate effort and practice. Take concrete steps to reduce harmful behaviors.

8. **Reparation**
   Identify ways you may have caused harm. Prepare to make amends through sincere, constructive actions, focusing on integrity and learning.

9. **Direct Amends**
   Act to repair harm wherever safe and constructive, prioritizing ethical considerations. Focus on meaningful actions rather than symbolic gestures.

10. **Continuous Self-Monitoring**
    Regularly review your thoughts, decisions, and behaviors. Correct mistakes promptly and learn from them to maintain emotional balance.

11. **Mindfulness and Emotional Growth**
    Practice mindfulness, reflection, or meditation to improve awareness, focus, and emotional regulation. Make conscious, balanced decisions.

12. **Sharing and Mentorship**
    Support others in developing their own self-mastery and EQ skills. Share practical strategies for growth, resilience, and personal accountability.

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The 12 Steps of Self-Empowered Recovery (EQ-Based Model)

Introduction:
This model emphasizes emotional intelligence, personal responsibility, and conscious self-mastery. Recovery is not about surrendering to a deity, but about reclaiming the power of your mind and learning to navigate life with awareness, integrity, and resilience.

Step 1: Awareness of Patterns

Original: "We admitted we were powerless..."
EQ Model:

- Recognize and understand how habits and behaviors affect your life.
- Accept that change requires conscious effort and responsibility.
- Exercise self-awareness to notice patterns before they control you.

Step 2: Trust in Your Mind

Original: "We came to believe in a Higher Power..."
EQ Model:

- Trust your own judgment and reasoning.

- Seek knowledge, support, and tools that strengthen your emotional and cognitive abilities.
- Build confidence in your ability to navigate challenges without needing external validation.

Step 3: Commitment to Self-Mastery

Original: "We turned our will over to a Higher Power…"
EQ Model:

- Make a conscious decision to direct your life intentionally.
- Set goals aligned with personal values and emotional well-being.
- Accept that true change requires ongoing effort, not external intervention.

Step 4: Honest Self-Reflection

Original: "We made a searching and fearless moral inventory…"
EQ Model:

- Conduct a thorough, honest assessment of your thoughts, behaviors, and emotional patterns.
- Identify strengths, weaknesses, and recurring triggers.
- Use reflection as a tool for growth, not self-punishment.

Step 5: Accountability

Original: "We admitted to our Higher Power, to ourselves, and to another human being the exact nature of our wrongs."
EQ Model:

- Take full responsibility for your actions without blaming external forces.
- Share your reflections with a trusted person for perspective and support.
- Learn to communicate honestly and constructively.

Step 6: Readiness for Change

Original: "We were entirely ready to have our Higher Power remove all defects of character."
EQ Model:

- Cultivate openness to self-improvement.
- Identify specific behaviors, habits, or thought patterns you wish to change.
- Understand that growth requires patience, persistence, and personal effort.

Step 7: Active Self-Improvement

Original: "We humbly asked our Higher Power to remove our shortcomings."
EQ Model:

- Use intentional strategies to develop emotional regulation, resilience, and empathy.
- Set actionable steps to reduce harmful behaviors and reinforce positive habits.
- Practice self-discipline and personal accountability daily.

Step 8: Reparation

Original: "We made a list of all persons we had harmed…"
EQ Model:

- Identify ways you may have caused harm and take responsibility.
- Prepare to make amends through sincere, constructive actions, not just words.
- Recognize that repair is about integrity and learning, not seeking forgiveness.

Step 9: Direct Amends

Original: "We made direct amends wherever possible…"
EQ Model:

- Act to repair harm wherever safe and constructive.
- Prioritize ethical consideration — avoid causing new harm.
- Emphasize practical, meaningful actions over symbolic gestures.

Step 10: Continuous Self-Monitoring

Original: "We continued to take personal inventory…"
EQ Model:

- Regularly review thoughts, decisions, and behaviors.
- Correct mistakes promptly and learn from them.
- Develop a habit of self-reflection to maintain emotional balance.

Step 11: Mindfulness and Emotional Growth

Original: "We sought through prayer and meditation…"
EQ Model:

- Practice mindfulness, meditation, or other reflective practices to strengthen focus and emotional regulation.
- Improve awareness of internal states and external influences.
- Use these practices to make conscious, balanced decisions.

Step 12: Sharing and Mentorship

Original: "Having had a spiritual awakening…"
EQ Model:

- Support others in developing their own self-mastery and EQ skills.
- Share strategies for growth, resilience, and personal accountability.
- Model emotional intelligence in daily life, reinforcing learning through action.

The 14 Understandings of Enlightenment (Emotional Pyramid)

This pyramid is integrated into the model as a guide for developing emotional intelligence and mastery:

1. **Self-Awareness** — Recognize your emotions and patterns.
2. **Self-Reflection** — Understand the root of your behaviors and triggers.
3. **Self-Acceptance** — Embrace your humanity, flaws, and strengths.
4. **Emotional Regulation** — Manage impulses and reactions effectively.
5. **Accountability** — Own your choices without deflecting blame.
6. **Resilience** — Bounce back from setbacks with composure.
7. **Integrity** — Align actions with personal values consistently.
8. **Empathy** — Understand and feel for others' perspectives.
9. **Ethical Action** — Take responsible, constructive actions.

10. **Purpose** — Identify goals aligned with your values and growth.
11. **Mindfulness** — Maintain awareness of present thoughts, feelings, and surroundings.
12. **Compassion** — Extend kindness to self and others without enabling harm.
13. **Growth Mindset** — Embrace learning, adaptation, and self-improvement.
14. **Mastery** — Apply emotional intelligence and self-discipline to daily life consistently.

> The pyramid works from the base up: self-awareness forms the foundation, and mastery sits at the peak. Each step of recovery corresponds to elements of this pyramid.

Reflective Essay on This Approach

Recovery is not about surrendering to a god, ritual, or external authority. It is about reclaiming the power of the mind and mastering emotional intelligence. Addiction, compulsive behaviors, or self-sabotaging patterns do not indicate weakness — they indicate unrecognized emotional forces. By understanding, regulating, and directing these forces, a person gains autonomy over their life.

Through self-reflection, accountability, and deliberate action, individuals transform destructive habits into conscious choices. Repairing harm is not about apology alone — it is about integrity, action, and learning. Mindfulness and reflection deepen awareness, enabling growth in emotional resilience and judgment. Finally, sharing knowledge and strategies with others creates a cycle of empowerment, reinforcing personal mastery while supporting collective well-being.

This model celebrates the human mind as the ultimate power in recovery. It replaces external surrender with internal mastery, using the 14 Understandings of Enlightenment as both map and compass. Through conscious effort, emotional insight, and integrity, one can live a life of balance, resilience, and purpose.

1. Powerlessness over substances
Original: *"We admitted we were powerless over alcohol & drugs — that our lives had become unmanageable."*
Your perspective: Life doesn't have to be "powerless" over substances; instead, recognizing patterns and taking responsibility for your choices is key.
Reframe: "I acknowledge the ways my habits have affected my life and take responsibility for managing them through conscious effort."

2 & 3. Belief in a Higher Power
Original: *"We came to believe that a power greater than ourselves could restore us to sanity."*
Original: *"We made a decision to turn our will and our lives over to the care of a*

Higher Power as we understood Him."
Your perspective: Relying on a deity can feel like giving away the power of your own mind; self-directed problem solving is more empowering.
Reframe: "I commit to trusting in my own judgment, seeking knowledge, support, and insight from sources that strengthen my mental and emotional resilience."

4 & 5. Moral inventory and admitting wrongs
Original: *"We made a searching and fearless moral inventory of ourselves."*
Original: *"We admitted to our Higher Power, to ourselves, and to another human being the exact nature of our wrongs."*
Your perspective: Reflection is critical, but it's about learning and growth, not confession to a higher authority.
Reframe: "I take an honest and thorough inventory of my thoughts, emotions, and actions, and acknowledge my mistakes to myself and trusted peers for the sake of growth."

6 & 7. Removing defects of character
Original: *"We were entirely ready to have our Higher Power remove all these defects of character."*
Original: *"We humbly asked our Higher Power to remove our shortcomings."*
Your perspective: Character growth is an internal process, and externalizing responsibility is disempowering.
Reframe: "I actively work to identify and change my own unhelpful patterns, accepting that growth takes effort, time, and self-discipline."

8 & 9. Making amends
Original: *"We made a list of all persons we had harmed, and became willing to make amends to them all."*
Original: *"We made direct amends to such people wherever possible, except when to do so would injure them or others."*
Your perspective: Saying "sorry" alone isn't meaningful; integrity comes from actions and accountability.
Reframe: "I seek to repair harm I've caused through sincere, constructive actions, while respecting the well-being of others."

10. Personal inventory & admitting wrongs continuously
Original: *"We continued to take personal inventory, and when we were wrong, promptly admitted it."*
Your perspective: Emotional intelligence and self-reflection empower you; it's not about external sanction.
Reframe: "I regularly assess my behavior and decisions, correcting mistakes promptly to maintain personal integrity and emotional balance."

11. Prayer and meditation
Original: *"We sought through prayer and meditation to improve our conscious contact with our Higher Power…"*
Your perspective: Meditation can help, but it's about clarity and focus, not

submission to a deity.
Reframe: "I use mindfulness and reflection to improve awareness, self-regulation, and decision-making."

12. Spiritual awakening and carrying the message
Original: *"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and addicts..."*
Your perspective: Recovery isn't about religion — it's about emotional awareness, resilience, and community support.
Reframe: "Having cultivated self-awareness and emotional strength, I support others in developing their own tools for healthy living, sharing practical strategies for managing life's challenges."

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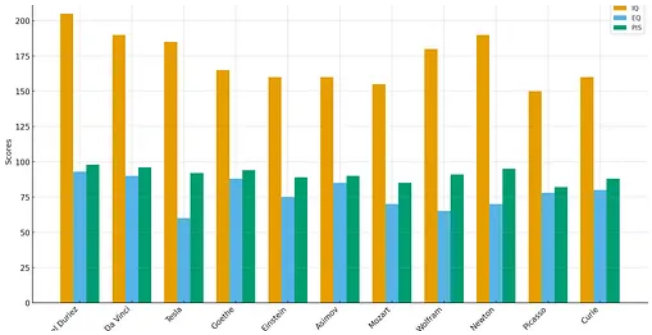

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Step 1: Define the Domains

Use the same 5 domains we applied to you. Each is scored 0–20:

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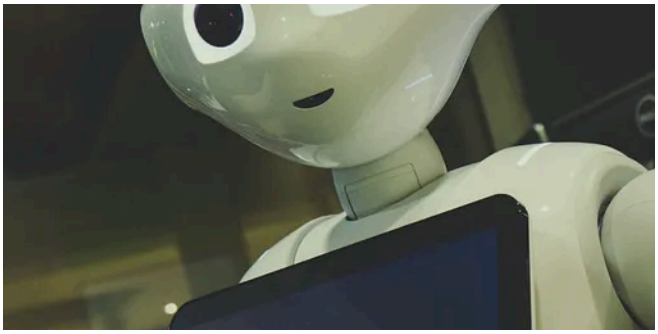

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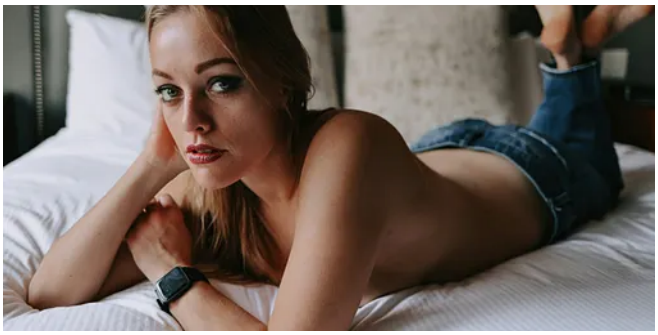

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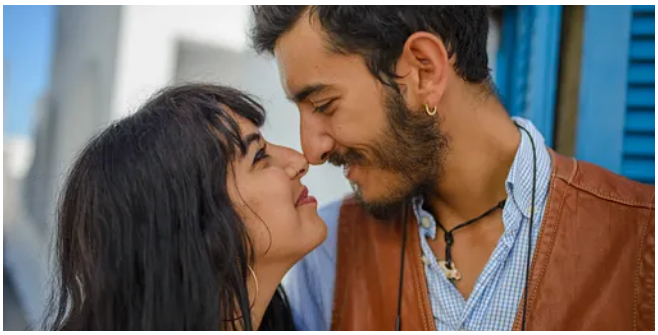

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